

the
power of
humanity



We recover better together.

We've been through a lot as a country. Recovery can be difficult and takes a long time. So, let's check-in on each other. From us to you, and from you to your family and neighbours. Things get better when we're connected and supporting each other.

It's very normal for people to feel stressed, tired, overwhelmed, troubled or frustrated in the course of their recovery. Everyone's response will be different and take different lengths of time.

When someone's had a traumatic experience, some helpful things to say or do are:

- Acknowledge what's happened and ask questions: "This is such a tough time for you, how are you going?"
- Try to put yourself in their shoes
- Avoid simple reassurances like "I know how you feel"
- Show you understand by feeding back what they're saying

Make sure you also remember to look after yourself.

Spend time with family and friends



Get back to a routine, with regular meals & sleep



Switch off from media coverage



Take time out and do something you enjoy



Accept help when it's offered



Remember that you're not alone



**FOR MORE
INFORMATION
OR SUPPORT**

Australian Red Cross redcross.org.au
Lifeline 13 11 14
Beyond Blue 1300 224 636
Kids Helpline 1800 551 800